

# **INFANT ORAL HEALTH CARE**



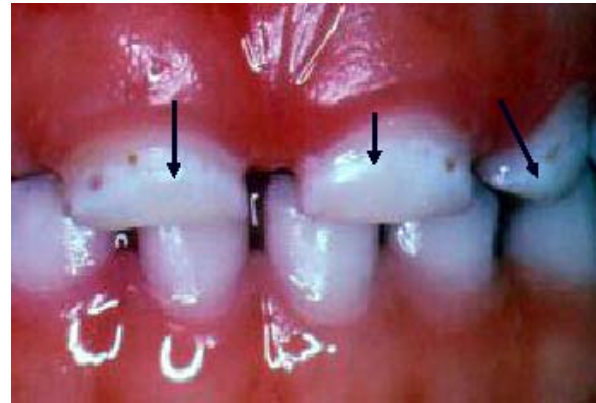
- **Begin cleaning your child's mouth and teeth as soon as the first tooth appears.**
- **Use a soft toothbrush or a soft, moist washcloth to gently clean teeth and gums at least twice per day.**
- **Lift your child's lip regularly to look for early signs of tooth decay.**
  1. Dull white area (Demineralization -when calcium and other nutrients leave the tooth - can sometimes be reversed with fluoride and proper oral hygiene.)
  2. Discolored area – brown, black on or in between teeth
- **Take your child to see a dentist by their first birthday.**
- **Consult a dentist or doctor regarding the use of fluoridated toothpaste for children under 2 years of age.**

- **Lift the child's lip to check for early signs of tooth decay.**
- **Early childhood caries (tooth decay / cavities) can be prevented by:**
  - **Using only water in a bottle at bedtime, IF a bottle is needed.**
  - **Asking your doctor or dentist about prescribing fluoride when your child is about 6 months old.**
  - **Cleaning teeth and gums at least twice per day.**
  - **Not letting baby nurse at will – follow a feeding schedule.**
  - **Not letting baby sip on liquids all day long – limit exposure time.**
  - **Avoiding the use of a bottle or sippy cup as a “pacifier”. Use a pacifier if needed.**
  - **Taking your child to the dentist by their first birthday.**

# **EARLY CHILDHOOD CARIES**



**Dull White Area =  
Demineralization**



**Early Decay**



**Extensive Decay**



**Advanced Decay**